

TRADER
Vic's
TIPS ON
BARBECUING
AND
BROILING

A FEW THOUGHTS ON



A pile of stuff has been written lately about barbecuing. The barbecue has come into its own with a bang — and high time. For (outside of a few recent generations when we were all being fancy-pantsy indoors) no type of cooking is more traditional among the people of the Pacific.

You can, sure, point out the outdoor cooking of all simple, primitive people. What strikes me is just that today's barbecue craze seems most fitting on Western shores. Because here, from the ancient Chinese smoke-oven to the underground pit roasting of the South Sea islanders and the Spanish-Californians, barbecuing has been a common sport from earliest times.

One reason, barbecuing goes with an easy climate and it goes with partying. There's no simpler way to feed a mob. The cooking itself is part of the entertainment. What other cooking offers so much gaiety and showmanship? I don't think today's host should ham it up, but after all, we men have been pushed pretty far into the background in the average home. Comes Sunday's barbecue and we get a chance to go colorfully native, and strut a bit again.

That's why it always fries me to see some poor nervous jerk giving his all over a hot grill when his guests won't leave him alone. They heckle him about the fire or the kind of wood he should have

BARBECUED MEATS

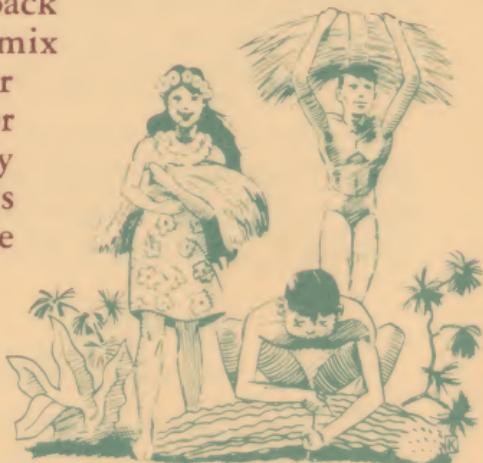
used. Or they load him up with phony seasonings that make good meat taste like an old horseblanket.

Actually, the flavor that comes from hardwood coals or smoke is enough to make any meat good. As for seasonings, a few basics are plenty. One that I've come to rely on is an everyday thing to millions of people throughout the Orient, though it's still little known here: Soya sauce. It belongs on your stove (indoors or out) right alongside your salt and pepper. After you experiment with it you'll be using it just as often.

Soya sauce gives meat a flavor that just can't be described or equaled. It puts on a beautiful brown glaze and makes the fat crisp and appetizing. Not only Chinese pork, either. Try soya for basting your leg of lamb, or your lamb chops (fried, broiled or barbecued). Or try it on beef or fowl or fish, or in your sauces or gravies.

Another basic is good plain mustard. This rubbed dry into beef, lamb or pork before any breed of cooking can pack a terrific wallop. Or mix with white wine or beer and smear it on steaks or chops before serving. My Chinese-style mustard is good and hot, so be careful.

My pet Javanese Saté spice was first dreamed up for the meat-on-a-stick we serve at my Oakland restaurant. It's a subtle combination of many exotic spices. Don't stop with the recipes in this booklet; try a pinch of Saté in your scrambled eggs or on buttered vegetables, and taste the wonderful difference.



HERE'S MY OWN

I developed the Barbecue Glaze and Spicy Mix especially for use on Barbecued Spareribs, after years of experimenting. The results have been (to put it modestly) pretty sensational. It's the recipe people badger me for most often. People have hounded me for the Glaze formula. Sorry, kids—it has to stay secret. You just use the stuff and drool over that rich, delicately-smoky flavor and that lovely glaze. Then I'll make some money and everybody will be happy.

TRADER VIC'S OWN SPARERIBS

Get small, meaty pork spareribs and rub with Trader Vic's Spicy Mix; let stand two hours. Brush both sides liberally with Trader Vic's Barbecue Glaze (preferably mixed with 1 oz. bourbon); let stand an hour. Barbecue, broil or hang in Chinese oven for about an hour. Note: Pork tenderloin or strips of pork may be cooked in the same manner.

These ribs will absolutely make your dinner, whether you serve them as a tantalizing hors d'oeuvre (as we do in my bar) or as the main course. They're practically fool-proof when done this way. Just don't go burning yours up.

Trader Vic's Barbecue Glaze isn't just for spareribs. If you want really superb ham, pork roast or pork chops, or roast domestic duck, then this super-Glaze and Spicy Mix *belong*.

SUI GEE

(Barbecued Whole Pig)



Remove most of the shoulder bones from an 18 to 20 pound pig; split the chine bone down the back from the inside, taking care not to cut the outer skin. The shoulder blade and pelvis are replaced by bamboo

SPARERIB RECIPE

sticks so Mr. Pig doesn't lose his shape. Rub salt, pepper and Trader Vic's Barbecue Glaze in the cavities. Wire pig and hang in Chinese oven which has been preheated until bricks are very hot. Cover pit and let pig cook for about half an hour.



Remove pig and punch holes all over skin with ice pick to permit fat to escape; wash with hot water to which a little honey has been added (3 tablespoons to a quart of water). Replace pig in pit and let cook 1½ to 2 hours longer or until done. Place wet sacks around edge of oven to retain steam. Replenish fire with charcoal if necessary.

Serve pig on large wooden board or tray, banked with greens and flowers, with a cherry garland around its neck.

Note: Whole kid or lamb may be barbecued in similar fashion. Just add 1 tablespoon celery seed, 2 medium stalks celery finely chopped, and 4 cloves of garlic, minced, to bottle of Trader Vic's Barbecue Glaze, and rub on outside and in cavities. An ounce or two of bourbon or sherry added to glaze improves flavor and color.

The next shows perfectly the value of soya sauce. You'll find your steak has better color, a marvelous flavor, with crisp brown fat unequaled with any other cooking aid.

STEAK HAWAIIAN

Chop 1 clove garlic very fine and put in large shallow glass baking dish or platter. Mix in ½ to 1 cup Trader Vic's Soya Sauce. Marinate steak in this for 15 minutes, turning to soak well. Cook as you like; serve with broiled or sautéed pineapple slices. (Note: Do not marinate in aluminum. The soya taste changes. Aluminum pans are OK for cooking, however.)

JAVANESE

This is the sliced pork you find in all Chinese restaurants. For a crowd you can get a leg of pork, bone it out and cut it in strips.

CHA SUI

2 pounds pork tenderloin
3 tablespoons bourbon
1 1/2 teaspoons salt
3 tablespoons soya sauce
3 tablespoons sugar

Cut pork in strips 1 1/2 to 2 inches square; mix seasonings and rub into the meat; let stand for an hour or two and barbecue or broil slowly for one hour. When cold, cut in thin diagonal slices. Serve with Chinese mustard or Trader Vic's (red) Sauce.

Here's a lulu for you who like showmanship—my favorite meat-on-a-stick.

JAVANESE SATE

3 lbs. beef, veal, lamb or pork
3 tablesp. Trader Vic's Saté spice
1/2 teasp. finely chopped garlic
2 large onions, finely chopped
3 teasp. salt
Juice 2 large lemons
2 teasp. honey

Cut meat in 1 1/2-inch cubes. Marinate 10 minutes in other stuff, mixed, in large dish or crock. Thread meat on bamboo sticks or metal skewers, allowing bits of onion and garlic to cling to meat. Barbecue over open fire or coals, or broil indoors. Serves 6.

For an easy recipe almost a meal in itself, see Flank Steak Chinese in the soya recipe folder you got with this Kit. The folder also has some swell ideas for barbecued oysters and shrimp. They're great appetizers. (Do chicken livers the same way. Dip in soya, string them on a wire, barbecue over very hot coals—or broil.)

CHINESE

Most men seem especially fond of squab. These plump little birds are rich and sweet and generously meaty. Try them the following way, like we do at my restaurant. You'll say they're out of this world.

BARBECUED OR BROILED SQUAB

Brush whole cleaned squabs inside and out with Trader Vic's Soya Sauce and cook 20 to 25 minutes. If broiled or roasted indoors, baste now and then with mixed soya and butter. (And perhaps a dash of Sherry.)

This steamed dish is another showy barbecue number. If you have a big copper kettle, now's the time to set it up on your outdoor grill.

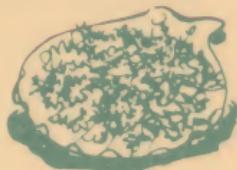
LOBSTERS CHINESE

3 one-pound lobsters, alive
2 tablesp. Trader Vic's Soya Sauce
1 teasp. Sherry wine
1 small onion, finely chopped
2 tablesp. water

Split lobsters lengthwise and clean well, or have your market do it. Place in steamer over boiling water. On each half-lobster pour a little of the other things, mixed together. Cover steamer tightly (with a big rock if needed) and steam 10 minutes. Serves 6.

At this point, a word on woods for outdoor cooking. Most people seem to know about using the harder kinds—oak, hickory, prune and the like—all fine for smoke flavor and long-lasting coals. Charcoal is OK, too, of course. But avoid resinous woods, like soft pine or fir, or you may get a funny taste in your smoke.

Another rule: Start your fire *far in advance*, for most direct-type grilling, because most of the work must be done over sizzling coals.



HOW TO STAGE

For a barbecue party that your friends will be talking about for years to come, throw a luau. This typical Hawaiian feast is a lot easier than it sounds and just about tops in fun. If you have an outdoor barbecue and patio, by all means have it out there. But you can still put on an indoor shin-dig that will lay them in the aisles.

Whatever your setting, bury it in flowers. Tie flowers on trees, bushes, furniture, draperies. Pile blooms along your fence or garden wall, on your TV set and mantel. Use loads of fresh green ferns or large leaves like banana leaves. Get a feeling of lush abundance. Indoors, remove bric-a-brac and rugs and strew the floor with greenery. Ask guests to come in white ducks or *pareus*, and remove their shoes at the door. A flower crown and a lei for each guest will also get them into the spirit. (Easy to make ahead of time, with a needle and thread.)

Cover your table with ferns or big flat leaves, and heap the center with pineapples, coconuts, oranges and other fruits. Your punchbowl (for punch served throughout the meal) should be banked high up the sides wit' greenery and fruit. Use wooden plates or bowls at each place and let 'em all eat with their fingers. A typical menu to serve might run as follows:

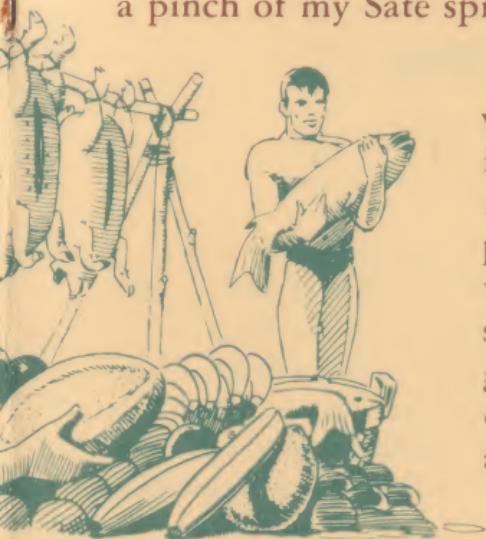


YOUR OWN LUAU

Barbecued or Deep-Fat-Fried Shrimp
Smoked Oysters, Barbecued or Broiled
Barbecued Squab or Chicken
(Chopped into pieces easy to handle)
Whole Fish Chinese
Green Salad on Clamshells
Barbecued Fruit or
Tahitian Ice Cream

Whole Fish Chinese is delicious, yet so very simple. Lay a whole fish in cold water, bring to boil, then simmer until tender. (Don't overcook.) Place on hot platter. Pour heated soya sauce (mine, of course) over fish, and sprinkle with sliced green onions. Or, let's be really fancy and add 2 slices of fresh ginger and 1 cup of chopped ham to the hot soya sauce.

Your barbecued fruit dessert can include canned pineapple and halved bananas or peaches. Dot with butter and sweeten with honey or brown sugar. Brown on outdoor grill or under broiler in indoor oven. Just before serving dust lightly with a pinch of my Saté spice.



Or, if you like to end up with even more of a flourish, this Tahitian ice cream is for you. Mix 1 tablesp. pineapple-apricot preserves with $\frac{3}{4}$ oz. rum for each serving. Warm on back of grill about 10 minutes but don't cook. Set a match to it and ladle burning sauce over vanilla or coconut ice cream.

RECIPES THAT GO



You just can't beat a well chilled salad with a heavy dinner. If it's good and big, you can skip other vegetables. But look out for your dressing; use plenty of oil. If you don't buy yours ready-mixed (like my spicy Javanese Salad Dressing) you'll enjoy this light home blend. I call it simply

OIL AND VINEGAR DRESSING

$\frac{2}{3}$ cup oil
 $\frac{1}{3}$ cup Trader Vic's Wine Vinegar
(Red or white-with-tarragon)
Dash of sugar
Dash of Trader Vic's Dry Mustard
Salt and pepper to taste

I don't often like molded salads, but this one is delightfully different. My trader in Tahiti served it to me one night. It's an excellent dish for buffet suppers or serve-yourself barbecues. Saves your last-minute nerves and provides a swell cold contrast for piping-hot meats.

AVOCADO ASPIC

2 envelopes unflavored gelatin
1 cup cold water
2 cups boiling water
4 cups mashed avocado
 $\frac{1}{4}$ cup Trader Vic's White Wine Vinegar
(Or lemon juice)
1 teasp. salt (or to taste)
Dash of cayenne pepper

Cooked shrimps or prawns, marinated in Trader Vic's Javanese Salad Dressing, then well-drained.

WITH BARBECUING

Soften gelatin in cold water. Dissolve in boiling water. Pour some in bottom of ring mold. Arrange shrimp pattern in this; let harden in refrigerator. Add avocado and seasonings to rest of gelatin mixture and cool. When clear gelatin has set in mold, add avocado mixture. Chill until firm; unmold on crisp lettuce. Fill ring center with more shrimp (chilled) or tart mayonnaise. Garnish with tomato sections.

My Javanese Salad Dressing, by the way, makes a fine marinade for meats before broiling or barbecuing. Try dunking your steaks or chops in it for quick flavor. Those spices do a job.

Here's an unique sauce you can serve on the side for chilled seafood or bowls of cold cooked vegetables. Make it ahead of time, then relax.

SAUCE VERTE

1 cup mayonnaise
1/2 cup chopped watercress
1/2 cup chopped raw spinach
1/2 cup chopped chives
2 tablesp. capers
Trader Vic's Wine Vinegar

Mash vegetables with mortar and pestle and strain into mayonnaise. Thin with vinegar.

If you insist on hot vegetables at your barbecue, OK—at least make them interesting. Like barbecued fresh corn, or string beans with mushrooms. (Sauté mushrooms in cream and butter. Combine with drained hot beans, salt and freshly ground pepper.)



BUILDING YOUR OWN

Fifteen years of hard daily use, with wonderful results, have convinced me the Chinese oven at my restaurant is far superior to any other kind. Here's a quick run-down on building — as described by *Gourmet* magazine in June, 1947.

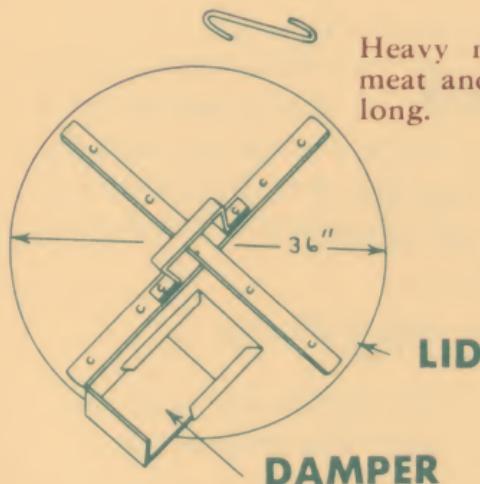
MATERIALS NEEDED:

Red brick.

Mortar made of 1 part cement to 5 parts mixture of half fire clay and half sand.

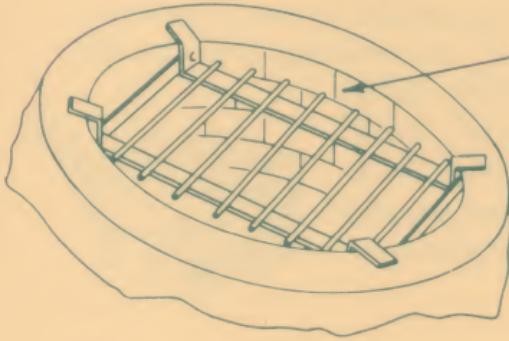
Chicken wire for outside of pit over which to plaster the above aggregate.

Iron door, to keep in heat when cooking whole animals.



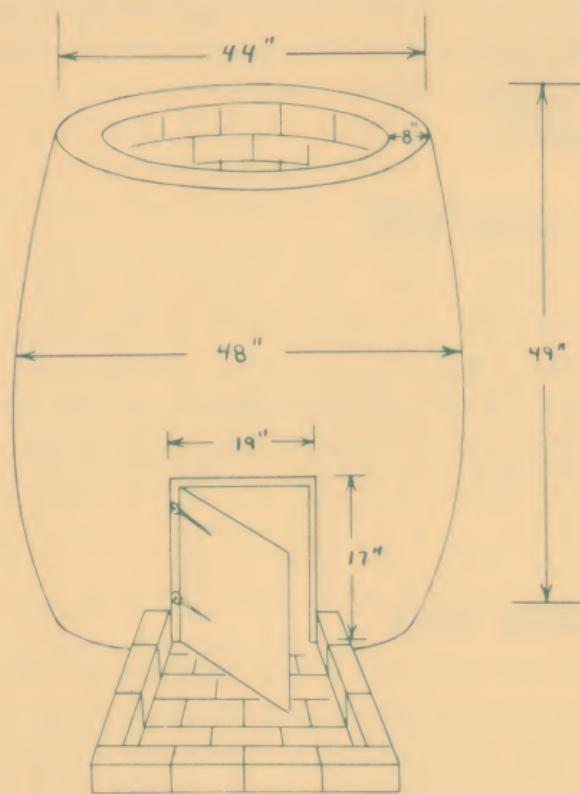
Heavy metal hooks for hanging meat and fowl in oven, 9" to 10" long.

Galvanized iron lid, 36" in diameter.



Iron frame on which to place movable 21" steel rods for hanging meat by hooks.

CHINESE SMOKE-OVEN



DIRECTIONS:

1. Measure bottom diameter for pit; arrange bricks in circle, using length of brick for thickness of oven walls. Allow space for fire door at base.
2. Build pit in circle, mortaring bricks in place and graduating circumference so that pit is smaller at top, according to dimensions given.
3. Cover outside of pit with chicken wire and plaster with mortar mixture or cement plaster.
4. Allow pit to dry two weeks before using.

An oven like this is easy to build. Mine was put together by one of my Chinese boys, with only a piece of string tied to a rock to true it up. Only after ten years did we re-line it.

EASY CONTROL

One thing about this barbecue that makes it especially easy to cook with is the heat control. For quick cooking, such as steaks, you build a small fire in the smoke-oven to warm the bricks a half-hour or a little longer. For large roasts, a brisk fire should heat the bricks an hour or more.

OUTSIDE FIRE

Now you rake the fire or embers out of the oven. The fire should be outside in front of the fire door, not inside. A removable hood can be made out of sheet metal about 18 inches wide and bent in a "U" shape to cover the fire...it helps guide the flame through the fire door and saves on heat loss.

Hang your meat or fowl on the hooks and suspend from rods. Put the lid in place and control the intensity of the fire by the damper. One or two trials will soon show you how much fire to use, and how to set the damper for whatever you're cooking.

CLEANER AND ROOMIER

Another help with this barbecue is its cleanliness. Fat does not drip on the flames, to catch fire and dirty up the meat. And a prime advantage is the oven size. You can cook huge amounts of meat for large crowds all at one time — whole pigs, lambs or turkeys, hind quarters of venison and the like. It's marvelous for smoking chickens or turkeys. You just build a smudge fire instead of the usual kind.

AND IN PASSING . . .

Years of running a restaurant and putting on parties have shown me one thing. Guests anywhere love to experiment. Give them a free rein. Keep a supply of *good* condiments on the table. Let them mix up flavors to their hearts' content, and you've won half the battle.



My Soya sauce and Chinese mustard are as basic to table-setting as knives and forks. Singly or mixed, they're the final fillip for many dishes. Another favorite is my Red Sauce. This lip-smacking little creation is ideal for any red meats or shrimp. The Red Sauce can also be stirred up with soya or mustard, if you insist. (I feel, why gild perfection? If your grocer doesn't have this sauce, he's a bum, and you'd better write me direct.)

Lovers of rich, hearty flavors are usually lovers of good chutney, that old soul-mate of curries, meat-on-a-stick and other robust dishes. I honestly believe you'll get special pleasure from my own chutney. It's fresh, fruity and crunchy—entirely different from the black mush so often called by that name. Again, you'd better write in.

You're probably familiar with mono-sodium-glutamate, the amazing powder that brings out *natural* food flavors. That's why you should know my Mai-Kai seasoning, an M.S.G. base. Half a tea-spoon or so of this in meats, vegetables or salads, and you've got something.

Two other helps to gourmet living: my Jasmine Tea and my Cool Drinks Kit. The Kit gives you the fine basic syrups (Grenadine, Orgeat and Rock Candy) that make possible so many exotic tropical drinks and punches, like you'll serve at your luau. Complete with swizzle sticks, loads of recipes and home bartending tips. Just send me your S.O.S. for prices or more information.



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have all sorts of de-
licious and unusual
things that make
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better and your en-
tertaining easier.

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